

Nutrisystem



2015 Men's Sample Menu

# MEN'S DAILY MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	<b>Nutrisystem® Sweetened O's Cereal</b> <i>(serve with 4 oz. non-fat milk)</i> <b>PowerFuel:</b> 1 cup non-fat yogurt	<b>Nutrisystem® Apple Strudel Bar</b> <b>PowerFuel:</b> 1 hardboiled egg	<b>Nutrisystem® Apple Cinnamon Oatmeal</b> <b>PowerFuel:</b> 1 cup fat-free milk	<b>Nutrisystem® Banana Nut Muffin</b> <b>PowerFuel:</b> ½ cup scrambled egg whites
A.M. SNACK	<b>PowerFuel:</b> 1 pc. low-fat string cheese <b>SmartCarb:</b> 1 medium apple	<b>PowerFuel:</b> 1 cup fat-free milk <b>SmartCarb:</b> ¼ cup whole-grain crackers	<b>PowerFuel:</b> 1 cup non-fat yogurt <b>SmartCarb:</b> 1 cup strawberries	<b>PowerFuel:</b> 2 Tbsp. almonds <b>SmartCarb:</b> 1 medium banana
LUNCH	<b>Nutrisystem® Beans and Ham Soup</b> <i>PowerFuel: ¼ cup shredded light (reduced sodium) cheese</i> <i>SmartCarb: ½ cup chickpeas</i> <i>Vegetable: 1 cup or more mixed greens</i> <i>Vegetable: 1 cup or more sliced cucumbers</i> <i>2 Extras: 2 Tbsp reduced-fat dressing</i>	<b>Nutrisystem® Cheese Tortellini</b> <i>PowerFuel: 1 pc. low-fat string cheese</i> <i>SmartCarb: 1 medium pear</i> <i>Vegetable: 1 cup or more chopped tomatoes</i> <i>Vegetable: 1 cup or more crunchy shredded lettuce</i>	<b>Nutrisystem® Double Chocolate Caramel Bar</b> <i>PowerFuel: 1 Tbsp. peanut butter</i> <i>SmartCarb: ¼ cup whole-grain crackers</i> <i>Vegetable: 1 1 cup or more carrot sticks</i> <i>Vegetable: 2 medium-sized celery sticks</i>	<b>Nutrisystem® Loaded Baked Potato</b> <i>PowerFuel: ¼ cup low-fat cheese</i> <i>SmartCarb: ½ cup 100% fruit juice</i> <i>Vegetable: 1 cup or more chopped cucumbers</i> <i>Vegetable: 1 cup chopped tomatoes and onions</i> <i>2 Extras: 2 Tbsp. reduced fat salad dressing</i>
P.M. SNACK	Nutrisystem® Popcorn	Nutrisystem® Milk Chocolate Flavored Pretzels	Nutrisystem® Zesty Herb Snack Mix	Nutrisystem® Thin Mint Crisp Bar
DINNER	<b>Nutrisystem® Thick Crust Pizza</b> <i>Vegetable: ½ cup or more sautéed mushrooms</i> <i>Vegetable: ½ cup cooked spinach</i>	<b>Nutrisystem® Mushroom Risotto</b> <i>Vegetable: ½ cup sautéed sugar snap peas</i> <i>Vegetable: ½ cup canned water chestnuts</i> <i>Extra: 1 tsp. sesame oil</i>	<b>Nutrisystem® BBQ Seasoned Chicken</b> <i>Vegetable: ½ cup or more satueed yellow squash</i> <i>Vegetable: ½ cup sautéed onions</i> <i>Extra: 1 tsp. olive oil</i>	<b>Nutrisystem® Vegetarian Chili</b> <i>Vegetable: ½ cup sautéed onions and peppers</i> <i>Vegetable: ½ cup low sodium canned tomatoes</i>
DESSERT	<b>Nutrisystem® White Chocolate Chunk Cookies</b>	<b>Nutrisystem® Carrot Cake</b>	<b>Nutrisystem® Cheese Puffs</b>	<b>Nutrisystem® Peanut Butter Cookie</b>

# MEN'S DAILY MEAL PLAN

	DAY 5	DAY 6	DAY 7
BREAKFAST	<b>Nutrisystem® Granola Cereal</b> <i>(serve with 4 oz. non-fat milk)</i> <b>PowerFuel:</b> 1 hardboiled egg	<b>Nutrisystem® Biscotti Bites</b> <b>PowerFuel:</b> 1 cup fat-free milk	<b>Nutrisystem® Blueberry Muffin</b> <b>PowerFuel:</b> 1 cup non-fat yogurt
A.M. SNACK	<b>PowerFuel:</b> ½ cup 1% cottage cheese, no salt added <b>Extra:</b> 1 Tbsp. sugar-free strawberry jam <b>SmartCarb:</b> 1 cup grapes	<b>PowerFuel:</b> 1 pc. low-fat string cheese <b>Vegetable:</b> 1 cup grape tomatoes <b>SmartCarb:</b> ¼ cup hummus	<b>PowerFuel:</b> 2 Tbsp. nuts <b>Extra:</b> 1 cup air-popped popcorn <b>SmartCarb:</b> ¼ cup raisins
LUNCH	<b>Nutrisystem® Homestyle Chicken</b> <i>PowerFuel: ¼ cup shredded, low-sodium Parmesan Cheese</i> <i>SmartCarb: ¼ cup whole-grain bread crumbs</i> <i>2 Vegetables: 2 thick slices or more broiled eggplant</i>	<b>Nutrisystem® Spicy Kung Pao Noodles</b> <i>PowerFuel: 3 oz. cooked shrimp</i> <i>SmartCarb: 1 cup grapes</i> <i>Vegetable: ½ cup or more steamed broccoli</i> <i>Vegetable: ½ cup or more steamed cauliflower</i>	<b>Nutrisystem® Tortilla Soup</b> <i>PowerFuel: ¼ cup shredded light, reduced-sodium Mexican blend cheese</i> <i>SmartCarb: ½ cup cooked black beans</i> <i>Vegetable: 1 cup or more chopped lettuce</i> <i>Extra (Unlimited): 1 Tbsp. salsa</i>
P.M. SNACK	Nutrisystem® Pretzels	Nutrisystem® Oatmeal Raisin Cookie	Nutrisystem® Golden Pound Cake
DINNER	<b>Nutrisystem® Lasagna with Meat Sauce</b> <b>(with small whole-grain roll)</b> <i>Vegetable: ½ cup or more cooked collard greens</i> <i>Vegetable: ½ cup or more cooked carrots</i>	<b>Nutrisystem® Chicken Pasta Parmesan</b> <i>Vegetable: 1 cup salad greens</i> <i>2 Extras: 2 Tbsp. reduced-fat dressing</i>	<b>Nutrisystem® Roast Beef &amp; Garlic Mashed Potatoes</b> <i>2 Vegetables: 2 cups shredded cabbage</i> <i>Vegetable: 1 cup thinly sliced carrots</i> <i>2 Extras: 2 Tbsp. reduced fat mayonnaise</i>
DESSERT	Nutrisystem® Fudge Brownie	Nutrisystem® Chocolatey Nougat Bar	Nutrisystem® Walnut Chocolate Chip Cookies